SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 8th Febraury 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

– THE COMING WEEK –

Wed 8	**Club Night**, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 – 7 for 7:15 start. Showers, Bar
Sat 11	**Surrey League XC** Mens & Womens Esher – details here
Sat 11	**Bridge House**, Post XC drinks from 7:30 http://g.co/maps/xsjta all welcome
Sun 12	**Long run** from Dulwich Park details
Tue 14	**Track Session with Steve Smythe** see below **Ladywell Track** http://g.co/maps/sqrjq pay at desk on entrance, £2.55

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

Track Sessions at Ladywell

Improve your speed & strength over all distances
Tuesdays with Steve Smythe Start 7pm. – fee £2:55.
Pay at desk on entrance to track Sessions start at 7pm and are suitable for all abilities.
Location http://g.co/maps/sqrjq

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house, so please remember to pay when you sign in. Thanks. – Ros

LUCKY VEST

February winner was Andy Murray *(stewards inquiry pending…Ed.)*

Don't forget to wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win £5 in the clubhouse that evening

To purchase a vest and or any other club kit contact
Sue Cooper susan.cooper@hsbc.com or
Nicola Richmond nicola.j.richmond@gmail.com

In your *SHORTS* this week !

2	Club Champs, XC Fixture List
3	Surrey League XC Details
4..	Relays relays and more relays !
6..	Race reports & results
8	Marathon Training Schedule
9	Wednesday Night Map to print
11	XC Map for Esher

And much more !

---------- *EVENT HORIZON* ---------

A brief look ahead

Feb 11 Mens & Womens Surrey League XC
Feb 25 National XC Champs
Mar 10 Club Champs 5k – Bromley or Brockwell Parkrun
full fixture list & info page 2

NEW RUNNERS ROTA

Thanks to **Dave West** and **Ian Sesnan** for taking out new runners last week.
If you are listed to take out new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know. Thanks. – **Ros**

Ian Sesnan	**01/02**
Jo Shelton	08/02
Claire Steward	15/02
Tiarnan Ocleirigh	22/02
Sam Oyeyinka	29/02

Annual Subs Due

You will have received either by email or post your 2012 membership renewal reminder. Your current membership expired on 31st Dec so in order to compete in this year's club champs and other events as a Dulwich Runner you will need to

RENEW ASAP RENEW ASAP RENEW ASAP

If you haven't received your renewal form then contact me barry@bg1.co.uk

Esher Post Cross Country Drinks

The last of the Surrey XC League season meets is upon us, so to finish off in style , Saturday evening we are going up-market and will be visiting Penge Sans Mer, one of those secret little places you wont find on any maps or tourist guide. (and for good reason!.. Ed)

Penge maybe sans mer but it's not sans une decent pub !

The Bridge house – 2 High Street, SE20 8RZ

http://g.co/maps/xsjta

right next to Penge West station.

So from 19:30 this Saturday evening come and sort out those tired legs and dry throats with some liquid nourishment

Relay's wot Relay's

Make a date of **22nd Feb** and after the run stay for a short presentation and chat about the relays that we as a club take part in.

Find out what each one is about and ask questions and we will answer them for you.

So no matter how new or old to the club you are why not order your fish & chips and come and listen to *The Relayers Team* short talk.

cheers.– Martin – 07505149144

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips £5 or £6.50 (large) for anyone who gives me their name by 7:10.

Don't just sit there salivating join in ! – **Ros**

Curry Night Wednesday 15th February

As many of you know our lovely Social Secretary Carloine is leaving us to go back to France and I thought we should wave goodbye to her in our usual style,having a good old nosh up at The Surma Curry House on Lordship Lane.

So please let me know if you are up for coming along so I can confirm numbers. We will book for about 8.30pm so you all can get in a run before hand.

Thanks – Jo Hewett joanna_hewett@hotmail.com

DULWICH RUNNERS 2012 CLUB CHAMPS

The races comprising the 2012 club champs have now been selected. The dates for some of the races are provisional, based on this year's dates, and will be confirmed once information is available.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events. – ***Mike Mann***

CLUB FIXTURES 2011/12 - Club Champs , XCountry etc.

Date			*Event*		*Venue*
Feb	Sat	11	Surrey League 4 Cross Country - men & women		Esher
	Sat	25	National Champs		Parliament Hill
Mar	Sat	10	5k Bromley (or Brockwell Parkrun if muddy)	S	Bromley or Brockwell
	Sat	10	Orion Harrier 'Mercury' 10 Mile XC Race		Epping Forest
	Sun	25	British Master XC Champs		Bath
Apr	Sun	1	Paddock Wood 1/2M	L	Paddock Wood
	Sun	22	Marathon	L	London or alternative
Jun	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k TBC	S	Elmbridge TBC
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

Date of the **5k parkrun** has changed to **10 March** to avoid a clash with another event.

Cabbage Patch 10 has been confirmed as **21 Oct**,

2012 Club Champs races in red S=Short L=Long

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

Wednesday Running Maps

On page 10 in SHORTS you will find a copy of the map for this weeks runs.

Although there will still be some available at the clubhouse , it would help if you can print your own copy and bring it with you.

If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked with asterisks, below) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm#prov

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

Charlie Lound

Kent Grand Prix and Championship Races

29 January	Canterbury 10
12 February	Deal Half
4 March	Thanet 20 *
6 April	Folkestone 10 *
15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

6 May	Richmond Half Marathon *
13 May	Sutton 10km
3 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
12 August	Wimbledon 5km *

Orion Harriers are holding their annual 10mile Cross Country Race on **Saturday 10th March** from their new clubhouse in Epping Forest.

For those who havent run it before, its a beautiful one lap race with plenty of mud and hills through the forest. **Entries are on the day** and the race is always a relaxed, friendly affair.

This year, we will also be able to offer hot showers and food after the race (even for the women) again, so we are keen to open up the field to new runners.

You and your members, as always, are welcome to join us on 10th.

Tim Wright - Captain, Orion Harriers – 07910 185162
www.orionharriers.org.uk

SURREY LEAGUE CROSS COUNTRY ESHER, 11 FEBRUARY

SURREY LEAGUE XC, ESHER, 11 FEBRUARY

The final Surrey League matches of the season, both women's and men's, take place at West End Common, Esher on Saturday 11 February, with the women's race starting at 12.00, the boys at 2.30 and the men's at 3pm.

Parking is available at Garson's Farm in Winterdown Road, located close to the start and marked on the attached map. If you are travelling by train to Esher, note that it is over a mile walk or cycle ride to the start. The course is suitable for spikes or fell shoes. With both matches at the same venue there should be plenty of opportunities for support. Please make every effort to turn out.

Mike/Kim

Online Map link *http://g.co/maps/9qvn9*

Dulwich Runners and Relays.

It's that time of year again and we start thinking of….London Marathon followed nicely by relay events. Each year we participate in a number of relays that all in the past have thoroughly enjoyed and want to do again. I'd like to think it is because they are so well organised but think it is more likely just how great the events are and to run in some stunning scenery.

The relays are for all abilities, yes I know you have heard this all before but for Dulwich Runners (DR's) it is true.

We can only enter and enjoy these events because we use all our runners possible whatever their level. We do target some relays with a stronger team but this is for only a couple.

Whether you are new to the club or new to running relays or an old stager now is the time to put your name forward.

So what are the relays we enter and when?

South of England Road Relay Championships. Milton Keynes Sunday 25th March.

(NOT ENTERING THIS YEAR)

New course and venue this year.

This we have done several times over the past years and for the men it is a 12 stage event with alternate short and long stages. The ladies do 6 stages over the same course. At the sharp end there are some top clubs with very fast runners and we usually finish anywhere between low 30's to 40th team out of 50+ teams. We have fielded 2 teams before both men and ladies. Good fun to be running with and against some class runners. Always interesting to see if you can hold or better DR's position on your leg.

The 1066 Relay. This is near Battle in Sussex Saturday 6TH May

We ran this last year (first year of the event) with 4 teams over 5 stages and everyone thought it was great. All run in one day and only one long stage (10 miles) and a nice short stage (3 mile), with 6+ miles for the other 3 stages. Very good organisation from one of our 2nd claim members and his team of helpers. This allows us to put some very specific teams together, i.e. Senior Ladies, senior men, Vets Ladies, MV50 men, mixed and any combination you can come up with. Slick organisation required to get everyone at their start and picked up at their finish which means we all have to be flexible but that just makes it all the more fun. Because of where it starts and time of start means early rise to get to leg one on time! Looking to field even more teams this year.

BMAF Masters Relays. Saturday 12TH May

This I'm afraid is not one for the youngsters of the club, as you have to be over a certain age. Women 35+ and men 40+. This will be a nice warm-up for the GBR for those of the correct age. They are held in different venues around the country and are just as competitive as open races. This year it is in Sutton Park, no not Surrey but Birmingham. Again all levels of ability as clubs can struggle to field a full team. Always good to watch some old people running remarkably fast and some remarkably slow with most in the middle.

(GBR). Saturday & Sunday 19TH & 20TH May

This is one we have done for many years and have had several stage winners. It is a 22 stage relay over Saturday and Sunday and each team member has to run a stage on both days. Sounds hard? Well yes it is but we have never had anyone not do both days unless through injury!!

We try to get at least 2 teams but have managed 3 in years past. This limits the composition of the teams, especially as we have to have 11 members of course for each team. This year we would like to field a women's team which could stand a good chance of being amongst the prizes. The relay takes you all around London and most is outside the M25 and taking in some truly stunning countryside.

The stages are graded by how hard and we match team members current abilities to the different stages so don't worry (unless you have upset one of the organisers of course!!) you won't be out of your depth. Most are amazed at how well they run on both days and this is one that although some only come for their stages it is well worth making the weekend of it so you can support and encourage other team members and see just how good the countryside is at this time of the year. Camera's at the ready.

Welsh Castle's Relay (WCR). Saturday & Sunday 9TH & 10TH June

We do this as often as we can be accepted by the organisers. Like the GBR it is always oversubscribed and due to its nature they do have only a limited number of teams allowed. This is for 90% of the team a weekend away. As the name suggests it is in Wales and starts in North Wales at Carnaervon Castle and over Saturday and Sunday wends its way down the coast a bit and then down the middle of Wales to the south finishing in Cardiff Castle grounds. We normally travel up on the Friday and return Sunday evening.

This is the easy one as you only have to run once, the hard part is that this is Wales and it seems to have a lot of hills and even some mountains! Still we again match stages to team members current fitness levels and again we have had some good stage wins, our ladies hold more stage wins than the men (OK a lot more, I know, I know). Do I need to mention the stunning scenery again? Don't think so as again this a great time to see Welsh countryside (and a couple of industrial sites) at its best.

South of England Vets Relays. Aldershot, September 22/23 (dates tbc)

These are short distance stage approx. 3 ½ miles and there are only men's or women's teams in the different age categories. We look to see how many are prepare to run and then try to select a strong team. This includes you as it can be a challenge to get a complete team to the event on the day.

Seem to suffer a lot of injuries just before these, too much track work but also holidays, just a couple of the excuses sorry reasons why. You will have the chance to see some very good club runners and some internationals that are representing their clubs just like you.

So what do you have to do now?

E-mail therelayersteam@dulwichrunners.org and tell us you would like to be considered for which relay/s (hopefully all of them). That's it simples!!

(please note corrected email address)

For more information. If you would like any more info then please seek out and speak to Mike Mann, Martin Morley, Andy Murray or Kim Hainsworth. All will be happy to answer your questions, allay your fears or why not speak to others that have done these relays themselves before.

WEB-SITE INFO. Have a look at Dulwich Runner's web-site as there are buttons for GBR and WCR with reports from previous years. 1066, GBR & WCR have their own web-sites which, like ours are well worth a look.
Web-site for 1066 is www.spanglefish.com/1066relay GBR is www.greenbeltrelay.org.uk and WCR is www.lescroupiersrunningclub.org.uk then go to Welsh Castles Relay page.
DR's have to apply for these relays so please respond as soon as possible so we can gauge numbers and apply accordingly.

Thanks. ***THE RELAYERS TEAM***

Race Reports & Results

5km Results for February 4th

The Parkrun organisers encourage the wearing of club vests, so if you have one please wear it and help promote the club. Vests and other club kit can be obtained by contacting – **Sue** susan.cooper@hsbc.com **Nicola** nicola.j.richmond@gmail.com

Brockwell

On a freezing cold morning Mike Williams bounced back to form with a PB to come second. Ros finished second with easily the top age-graded performance of the weekend in Britain. Dominic Brooks and Anna Thomas also set PBs. Steve Ackroyd equalled his.

2 Michael Williams	17:09 (Pb)
16 Steve Ackroyd	20:05 (Equals Pb:20:05
23 Samuel Oyeyinka	20:56
26 Ros Tabor 2w	21:25
35 Ian Sesnan	22:00
40 Cameron Timmis	22:17
43 Graham Laylee	22:28
47 Dominic Brooks	22:45
53 Anna Thomas 8w	23:08 (Pb)
74 Nicola Hill 13w	25:09

118 finished

Crystal Palace

Not missing the start this week, Will Davis set a PB in second. Clare Elms eased around to win her 35th parkrun on the trot in a new club women's course record.Other PBs were set by Angelea Oritsejafor, Jozef Danko, Bob Bell and Ameet Patel.

The race had a record field thanks to a Triathlon club mobmatch.

2 Will Davis	18:Pb)
4 Clare Elms 1w	18:58(Pb)
16 Jozef Danko	20:34(Pb)
20 Ebe Prill	20:41
32 Angela Oritsejafor 5w	22:05(Pb)
34 Bob Bell	22:16(Pb)6
46 Claire Steward 10w	23:50
50 Ameet Patel	24:11 (Pb)4
52 Clare Osborne 11w	24:33
58 Jane Harbage 14w	25:00
68 Ruki SIDHWA 20w	25:30

116 finished (record: previous 87

Riddlesdown

Ange won her 12th Riddlesdown parkrun – three times more than any other man or woman

9 Ange Norris 1w	20:50

55ran

Bromley

A solid run from Mike Fullilove and further back Martin had the edge on Colin this week.

28 Michael Fullilove	20:18
65 Martin Morley	21:51
66 Colin Frith	21:54

222 finished

Bexley

Chris Vernon writes… Last saturday (4th Feb) I took the short drive to Danson Park for the first Bexley parkrun and my 7th new venue.The 2 lap course is very picturesque starting by the river,along by the boating lake ,which was frozen solid in the sub zero temperature,up the gentle rise to the imposing stately home,a bit of a zig zag up a short hill and down through the woods to the start.

In the field of over 100 there was a good smattering of club runners many of whom had been on the circuit for years together with plenty of new runners-everyone likes a guaranteed PB!

The race produced a win for Dulwich by Duncan Hussey(what a pity he was not in club kit to rub Bexley's nose in it) with Oscar not far behind.

The parkrun team did an excellent job for a first run with just a locked gate causing a bit of a chicane but I am sure that will be ironed out by next week.The results were prompt and accurate (Crystal Palace take note!)

1 Duncan Hussey	19:10
13 Oscar Hussey	21:17
80 Chris Vernon 3V65	30:23

103 finished

Roundshaw

Clare wanted to visit the Purley Way to spend some birthday money so she and Mike made a return visit to the Roundshaw parkrun. This is a decent enough course, and event in general, run on the common land just behind the old Croydon Airport.

Mike more or less succeeded in keeping a recently rampant Clare in sight but no more than that. Both ran significantly faster than on the couple or so times they had done it previously, possibly helped by the frozen ground. It was in tracksters, though, like practically everyone else - this is a 'real runners' event', predominantly, so there's not so much of the eccentric gear you can see, even high up the field, in some other parkruns.

Meanwhile Clare got to 'live the dream' in a way that only 'parkrun' can allow. A hard 5k time trial already under her belt but still in the shops, and 'going for it', long before the rest of the common herd on a Saturday morning - hoorah!

32 Clare Wyngard 1w 22:35
35 Mike Dodds 22:52

*Chris Vernon writes...*My result for the 28th Jan snuck under the DR radar which was just as well when you see my performance.It was off to Roundshaw(off the Purley way) to take the club vest to another new venue for me.

The course is fairly flat ,all off road,over some undistinguished common land crossing the border between the boroughs of Croydon and Sutton twice on each lap then finishing with a long downhill next to the A23.Surprisingly I saw no one I knew and there were very few from the local clubs but lots from Chilton Church.

As I was recovering from a chest infection I jogged /walked round and then produced a passable finish.

69 Chris Vernon 2V65 32:55
92 finishers

(Australia Day Triathlon - 26th Jan. 2012

Having had a crash in his previous triathlon, Buzz had a happier competition coming through strongly after the swim.

Buzz Shephard 12th M30-39
Swim (750m) 15:04
T1 1:37
Cycle (21k) 41:46
T2 1:11
Run (5k) 18:02

Buzz reports In the middle of a heatwave. Starting temperature was about 30 degrees and near 40 by the end.

Swim in the river Swan (no wetsuits due to temp) Solid for me. Improving the most in this discipline but this put me in 63rd for age group!

Cycle, hilly course, managed to claw myself back into 37th.

Run decent 5k on an undulating course got me 12th

South of England Championships

Full women's times have finally been released.

181 Ros Tabor 39:59
199 Louisa Pritchard 40:58
211 Anna Thomas 41:35
251 Marlene Russell 43:41
335 finished

SUNDAY RUNS, RACES & REPS

Preparation for London Marathon 2012

(Provisional – dates and events subject to change)

Includes: middle and long distance multi-terrain / road races
Cross Country (XC) Fixtures on Saturdays

Sunday runs at High Elms, Mile repetitions in Dulwich Park

Weeks to go!	Date	Event / Distance	Information
10	**11 Feb (Sat)**	**Surrey League XC**	**Esher**
10	12 Feb	Sidcup 10 or Meon Valley Plod	10m road race or 20m off road
9	19 Feb	10 x 1m reps	09:00 Dulwich Park
8	**25 Feb (Sat)**	**National XC Champs**	**Parliament Hill**
8	26 Feb	Tunbridge Wells 1/2M	Tunbridge Wells , Kent
7	4 Mar	12 x 1m reps	09:00 Dulwich Park
6	11 Mar	High Elms 15m	0:900 off road
5	18 Mar	Spitfire 20m road race ….or	Dunsfold aerodrome
5	18 Mar	…. 12 x 1m reps	Dulwich Park 09:00
4	25 Mar	Richmond Park – Bushy Park 22m	09:30 Roehampton Gate
3	**1 Apr**	**Paddock Wood 1/2m**	**CLUB CHAMPIONSHIP**
2	8 Apr	10 x 1m reps	Dulwich Park 09:00
1	15 Apr	Easy 10m or Thames Towpath 10 (tbc)	High Elms 09:00
Zero	**22 Apr**	**LONDON MARATHON**	**CLUB CHAMPS – MARATHON**

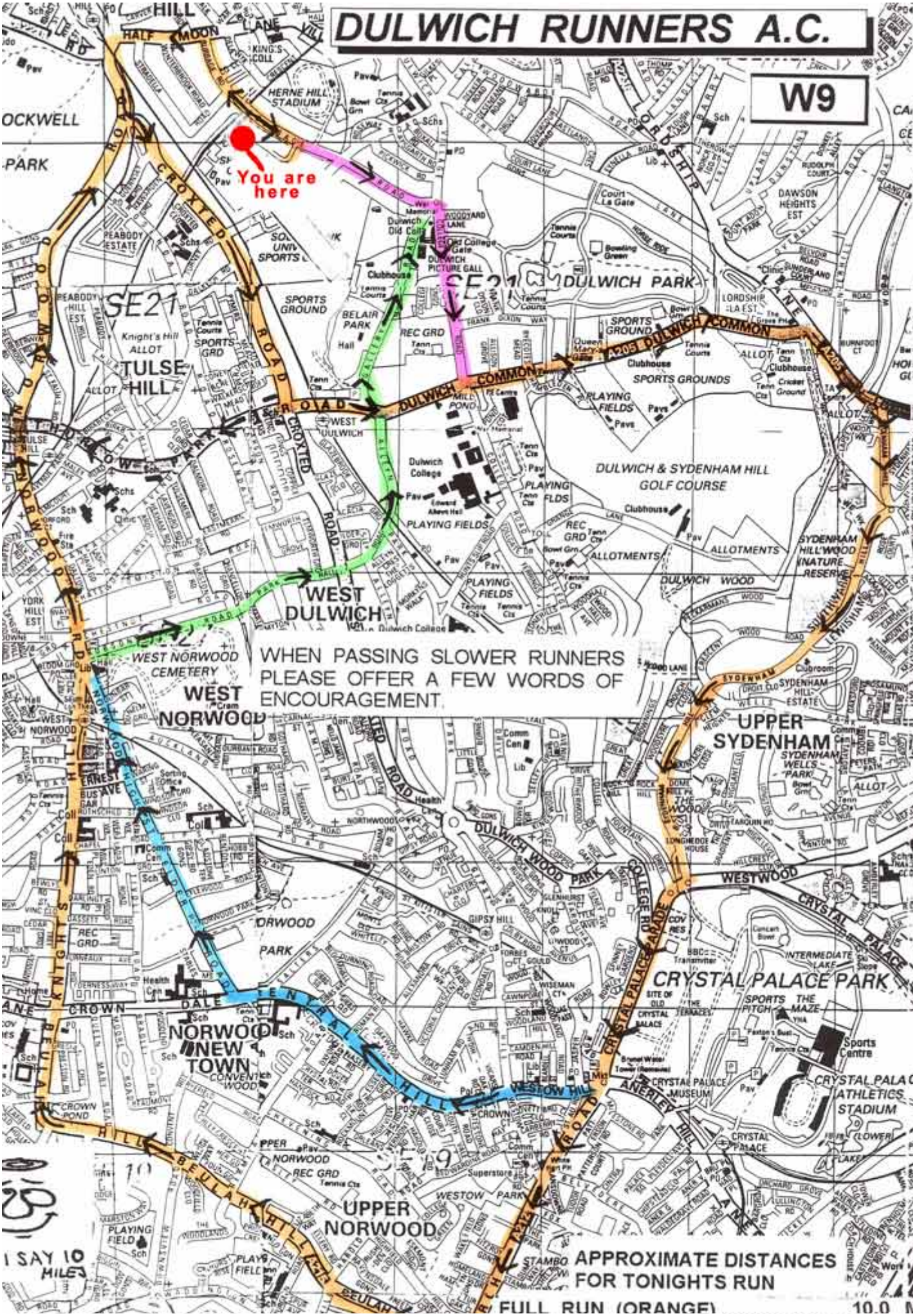
(**dates in bold are club and or club champs races including XC champs**

Races | Club Champs/ XC | Mile reps | Long runs

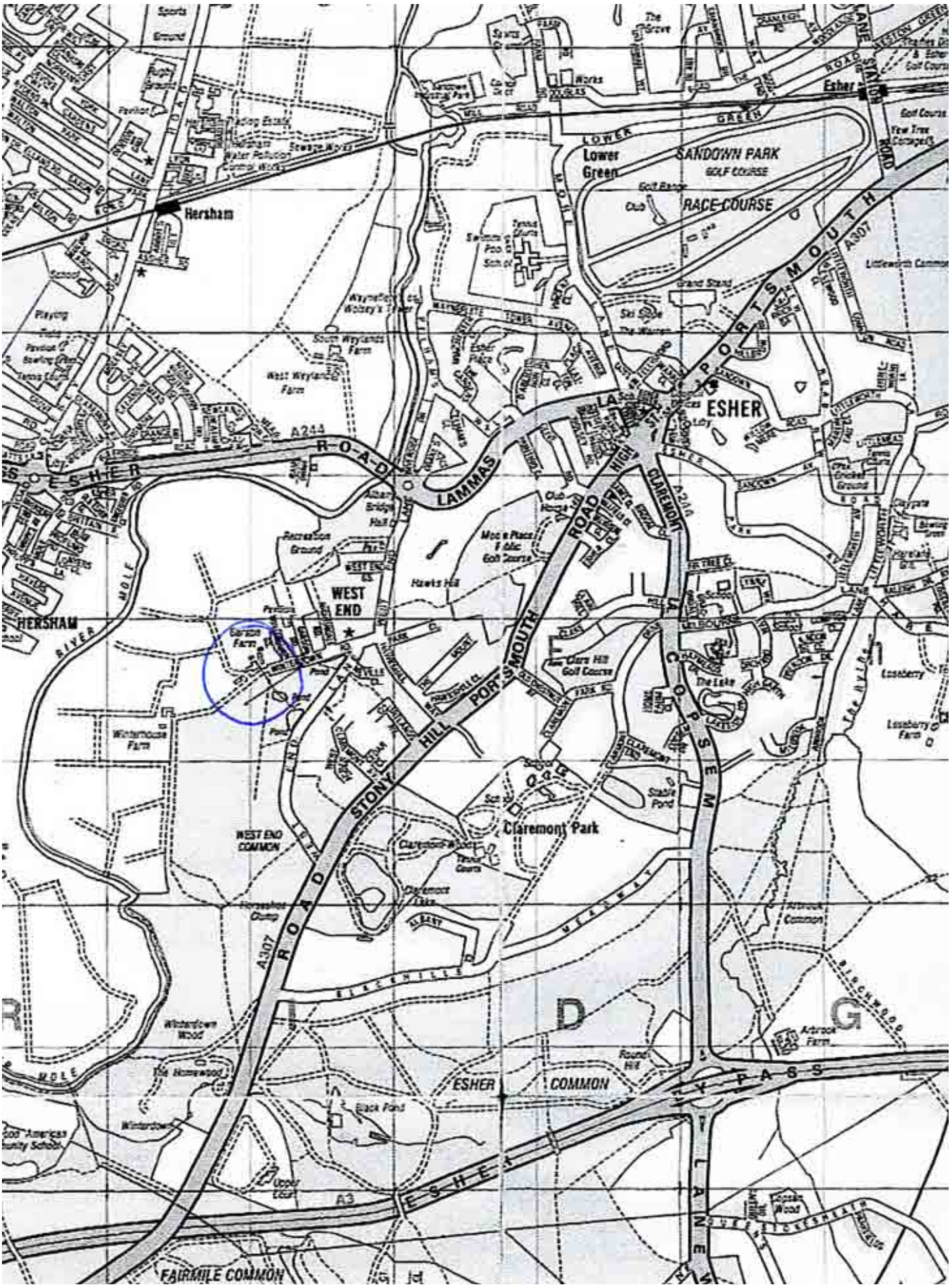
The traditional Sunday Dulwich Park runs start at or 09:00 0930 for longer runs for marathon preparation
For a more rural run, meet up with members of Orpington and Blackheath Clubs, 'HEROS'
High Elms Runners on Sunday starting from High Elms at 09:00
For more information contact Steve Wehrle or Claire Steward
For XC events, contact the XC Captains for further details
Suitable for; 3:15 – 3:50 time – long runs with Claire
3:50 – 4:30 – long runs with Steve

*** Sunday , 12th Feb** , long run from Dulwich Park at 09:00, meet by car barrier inside College Rd. gate. Full route to Beckenham Place Park and West Wickham about 18miles, there are various cuts for those wanting to do shorter.

As it was so hot last Sunday many of us didn't make the long run from Dulwich Park. It has now been re arranged for this Sunday , 0900 meet by the barrier.cheers
Steve Wehrle


DULWICH RUNNERS A.C.
W9
You are here
HERNE HILL STADIUM
DULWICH PARK
DULWICH & SYDENHAM HILL GOLF COURSE
TULSE HILL
WEST DULWICH
WEST NORWOOD
WEST NORWOOD CEMETERY
NORWOOD NEW TOWN
UPPER NORWOOD
UPPER SYDENHAM
CRYSTAL PALACE PARK
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE)
I SAY 10 MILES

There were some incorrect totals listed last week , this is the updated correct table

Mens Cross Ccountry Champs after six events							
	Mob Match	**SL1**	**SL2**	**SofT**	**SL3 Reigate**	**Brighton**	**Total**
Charlie Lound	49	50	48	50	47	48	292
Mike Mann	43	41	45	48	39	47	263
Andy Murray	45	40	42		36	45	208
Wayne Lashley		47	49		50	50	196
James Godber		46	50		48	49	193
Ian Sesnan	40		33	43	32		191
Chris Loizou		44	47	49	42		182
Mark Foster		39	43	47		44	173
Ameet Patel	38		34	42	31	43	145
Neil Daniels	47	43				46	136
Hugh Balfour			40	46	38		124
Joseph Brady	39		36		33		108
Tony Tuohy	50	49					99
Mike Williams		48			49		97
Matt Galvin	44		44				88
Jose Barretta		42	46				88
Steve Smythe		45			43		88
Ed Smyth	46				41		87
Ebe Prill			41		40		81
Duncan Wilson	42	38					80
Martin Morley		36		44			80
Mick Ward	41		35				76
Grant Barnes			38		37		75
Tiarnan Ocleirigh		37	37				74
Steve Ackroyd			39		35		74
John O'Byrne		34	32				66
John Fletcher	48						48
Duncan Hussey					46		46
Peter Gibbons				45			45
Michael Hutchinson					45		45
Steve Williams					44		44
Barrie John Nicholls				41			41
Graham Laylee		35					35
Jozef Danko					34		34

Map for Saturday Feb 11 Cross Country – Esher
or for a Google map http://g.co/maps/9qvn9